HEAT EXHAUSTION
If your body is becoming overheated, you may experience heat exhaustion.

Symptoms:
- Heavy sweating
- Muscle cramps
- Tiredness
- Weakness
- Dizziness or fainting
- Headache
- Nausea or vomiting

Stop activity and seek a cool place (shade or air-conditioning) and drink water or sports beverage.

HEAT CRAMPS
If your body is dehydrated you might experience heat cramps.

Symptoms:
- Muscle pains or spasms, usually in the legs, abdomen, or arms.

Staying out of the heat and drinking water are key!

HEAT STROKE
Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature.

- the body’s temperature rises rapidly, and
- the body is unable to cool down.

Warning signs of heat stroke vary but may include the following:
- Extremely high body temperature (104°F or above, rectally*)
- Red, hot, and dry or moist skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

Seek medical attention immediately and begin cooling if heat stroke is suspected!

Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

*Temperature taken rectally is the most accurate method.